

**WAAXDA
CAAFIMAADKA
COLUMBUS
TILMAANTA ADEEGYADA**

**240 PARSONS AVENUE
COLUMBUS, OHIO 43215**

Taleefoon: (614) 645-7417

TDD: (614) 645-7041

www.publichealth.columbus.gov



**Michael B. Coleman
Duqa Magaalada**



**Teresa C. Long, M.D., M.P.H.
Guddoonka Caafimaadka**

**All services available at 240 Parsons Avenue
Unless otherwise noted.**

TUSMO

[Pg. = Bogga]

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Language interpretation Services are available with all Health Services. See Health Department staff for assistance.

Waxaad heli kartaa in lagaaga tarjumo adeegyada caafimaadka oo dhan; arag qof u shaqeeya Waaxda Caafimaadka si uu arrintaa kaaga caawiyo.

Servicios de interpretacion son disponibles con los Servicios de Salud. Vea a un empleado del Departamento de Salud para asistencia.

WAAXDA CAAFIMAADKA COLUMBUS

ADEEGYADA CAAFIMAAD EE CARRUURTA

Barnaamijka si xun u isticmaalidda Daroogada iyo Aalkolada

Wuxuu bixiyaa adeegyo bukaan-socoto daweyn ah, kuwo wax ka qabasho ah iyo kuwo kale ka hortegidda six un u isticmaalidda daroogada iyo aalkolada ah. Adeegyada waxaa ka mid ah: daweyn takhasus leh oo loogu deeqayo raga, dumarka, iyo ragga Afrikaanka-Ameerika ah oo kala leh noocyo daryeel oo kala ah mid iska caadi ah iyo mid geeri-kala-dirir ah, iyo taageero iyo tacliin la siinayo carruurta ay galaafatay isticmaalka ay waalidkood isticmaalayeen daroogada. Khidmad kala sarraysa iyo Medicaid oo loogu talaggalay adeegyada la-tacaalidda bukaan-socotada.

Xog Guud

645-7306

7:45am - 9:00pm

Isniin - Khamiis

7:45am - 4:45pm Jimce

Jimce

8:30am - 12:00pm

Sabti

Lambarrada lagala xiriir barnaamijyada khaaska ah:

645-6839

Barnaamijka Daweynta Bukaan-socodka

645-6256

Barnaamijka HAA (Taageerada iyo waxbarashada carruurta u dhexaysa

645-6257

5-13 oo ay waxyeellada u keentay waalidkood oo six un u isticmaala daroogada.

Rugta Caafimaadka Ilkaha

Daryeelka ilkaha aasaasiga ah raqiis ah oo la siiyo Franklin County. Ballan-Samaysi oo keliya. Khidmado kala badan. Waa la ogolaada Medicaid. Barnaamij daboolidda ilkaha daweyntooda oo dugsiga la geeyo.

645-7487

8:00am - 4:30pm

Isniin-Jimce

****Waa xiran tahay: 12:00pm - 1:00pm Isniin-Jimce****

Booqashada Guryaha –Haweenka Uurka leh, Hooyooyinka, iyo Carruurta

Kalkaaliyeyaal caafimaadka bulshada ah, wasyeeyeyaal, iyo guri booqdayaal caadi ah ayaa hooyooyinka, dhallaanka iyo dumarka uurka leh u fidiya adeegyo guri booqasho. Daryeel bixiye Igu Caawi in aan Koro – Agaasimidda Adeegga iyo Guri ku booqashada Ilmaha markaa dhashay. Shaqaaluhu waxay bixiyaan qiimayn dhinaca koritaanka iyo baaris; waxbarasho ku saabsan ciyaalka, mawduucyo ku saabsan carruurta iyo haweenka uurka leh; ku xirid daryeellada caafimaad ee asaasiga ah iyo adeegyo bulsho kale oo loo baahan yahay; nasash daryeel iyo caawin.

645-8323

8:00am - 4:00pm

Isniin - Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Adeegyada Tallaalka (Tallaalka Carruurnimada iyo Qaangaadhka)

Waxay bixisaa carruurta iyo qaangaarkaba. Carruurta ka yar 19 waxay qaadan doonaan tallaalka qiime yar oo maamul ah. Medicaid & Caresource-ba waa la aqbalaa; cunugna looma diidi doono awood la'aan dhinaca lacagta ah darteed. Tallaallada qaangaadhka waxaa loo bixiyaa in lagu daboolo baahida shaqaa bixinta ama socdaalka ee qiimaha tallaalka.. Looma baahna ballan. Isu-adeegga bulshada ah & waaxbarashada waa la heli karaa markii la codsado.

645-7945

Saacadaha Ballan la'aanta

ee Rugta:

8:00am - 4:30pm Isniin

11:00am - 6:30pm Talaado

Way xiran tahay Arbaco

8:00am - 11:30am Khamiis

8:00am - 4:30pm Jimce

9:00am - 11:30am Sabtida 2aad/Bil kasta

Rug tallaaleedyada ayaa lagu qabtaa nawaaxiga degaanka oo dhan. Waa kala duwan yihiin saacadaha adeegga. Wac 645-7945 si aad u ogaato meesha ay ku yaallaan goobta rugta.

Barnaamijka Ka-hortegidda Ku-sumowga Maaddada Leedhka

Waxay bixisaa baaritaan leedh-ka ah oo carruurta iyo adeegyo dabaggal ah oo loo fidiyo carruurta leedhku aafeeyey waxayna bixisaa qiimayn bay'adeed iyo wax-ka-qabasho si loo baabi'iyo u sakaar-warraanta leedhka. Adeegyo tacliimined iyo talobixinno ku saabsan ka hortegidda ku-sumowga leedhka iyaguna waa la heli karaa:

724-6000

7:45am - 4:45pm

Isniin-Jimce

Daryeel Asaasi ah oo Caafimaad – Daaweyn Lacag la'aan ah

Waaxda Caafimaadka Columbus waxaa toddobaad waliba lagu qabtaa daryeel caafimaad oo asaasi ah oo lacag la'aan ah oo ay fidiyaan dhakhaatiirta mutaddawiciinta ah ee **Xiriirka Daaweynta ee Columbus**. Daryeelka asaasi ah oo ballan la'aan lagu tago; waxayna diraan daryeellada khaaska ah. **Galbaha/fiid-cawlka Isniinta ah** oo keliya – Is diiwaan-gelintu waxay bilaabanaysaa 4:30pm.

240-7430 (wixii war ah)

kiliiniggawaxay isqoristu bilawmeysaa 4:30pm.....Isniinta keliya*

**Ma jirto kiliinik Isniinta ay Waaxda Caafimaadka Kolombos xiran tahay*

Daryeel Asaasiga ah ee Caafimaad – Xarumo Caafimaad ee Xaafadaha

Xarumaha Caafimaadka ee Xaafadaha Columbus, Inc. (CNHC)

(600 W. Spring St.)

Daryeel caafimaad aasaasi ah da' kasta oo ku yaalla siddeed meelood oo darisyada ah. Baxshaa shaybaarid, la barashada dhinaca nafaqada, EKG iyo adeegyo qorsheynta qoyska. La talin dhinaca aalkolaystennimada ayaa lagu heli karaa si tilmaan bixin ah. Daryeelka dhalliinka hortiiis meel kastoo ka mid ah barahaas waa laga heli karaa. Daawo siinta

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

macaamiisha ay dawadu u socoto. Ballan waa loo baahan yahay. Khidmado kala badan. Medicare, Medicaid iyo caymisba waa la aqbalaa.
Lambarka Tilifoonka Guud 645-5500

(Waxay xarumaha caafimaadku ku taxan yihiin -- bogga soo socda)

Xarumaha Caafimaadka CNHC:

Xarunta Caafimaadka ee Bariga dhexe, 1180 East Main Street**645-5535**
Daryeelka Isha **645-5540**
Xarunta Caafimaadka Hilltop, 2500 Sullivant Avenue **645-2300**
Xarunta Caafimaadka dhinaca koofureed ee John R. Maloney,
1833 Parsons Avenue..... **645-3163**
Xarunta Caafimaadka Saint Stephen's, 1500 East 17th Avenue..... **645-2700**
Xarunta Waqooyi-Bari ee Columbus 3433 Agler Rd., Suite 2800..... **645-1600**

Rugta TB-da (Qaaxada)

Si fiican loo baaro loona ilaaliyo daweynta qaaxada magaalada Kolombas, iyo Franklin County dadweynaha degan shaqada waxay ka Koonab tahay PPD tijaabo maqaarka, u gudbin raajiyaha, la xiriir baaritaan iyo la socod wax ka qabasho falo ka bixin daweynta, iyo kumunitiga qibrada u leh daweynta shaqadaasi waa lacag, Medicare, Medicaid, Care Source, weynu ogolaana, bukaan socodka ee aan lahayn caymiska waxaa loo eegaya sida dakhligiisu yahay.

**Jadwalka Baaridda Maqaarka TB: 8:00am - 3:30pm Isniin
11:00am - 3:30 pm Talaado**

Daawo buuxin iyo gubin raajiyaha, sidoo kale waa diyaar waqtiga clinicada uu furan yahay.

**8:00am – 11:30am Arbaco
8:00am - 11:30am Khamiis
8:00am - 3:30pm Jimce**

Daawo siinta ka hortaga qaaxda ee Jeermiska Jirkaga ku Jira, waa mid balan u baahan.

Daawo siinta dadka qaaxda (TB) lagu sheegay waa mid la xiriirta inta udhexeysa maamulka iyo tilmaamiyaha u fiirsashada daaweynta/barnaamijka la xirka daaweynta guryaha lagu daaweyo.

**645-7310 – Farriin duuban oo Xogta & Saacadaha ah
645-2199 – Si aad ballan u qabsato**

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

WIC (Barnaamijka Haweenka, Dhallaanka, iyo Carruurta)

Cuntooyin dheeri ah iyo tacliin dhinaca nafaqada ah oo loo fidiyo haweenka uurka leh iyo kuwa nuujinaya, dhallaanka, iyo carruurta ilaa da'da 5 sano. Dadka istaahila WIC waxay qaadan doonaan:

- a. Foojarro looga gato tukaamada degaanka cuntooyin nafaqo leh ;
- b. Qiimeyn nafaqo, la talin iyo waxbarasho;
- c. Barashada nuujinta , la talin,iyo kaalmeyn iyo naas ka lisidda haddii loogu baahdo shaqo ama iskuul awgeedd; Dhallaanka yar yar aan la nuujinin waxaa la siiyaa caanaha foormulaha.

Waxaa jira (16) goobood oo ku dhex yaalla Kawntiga Franklin. Wac oo ballan ka samayso meesha kuugu dhaw. Ballamo fiidkii/galabtii iyo Sabtidaba waa la heli karaa.

645-7280

8:00am - 5:00pm

9:30am – 7:00pm

8:00am – 11:30am

Isniin/Arbaco/ Khamiis

Talaado

Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

ADEEGYADA CAAFIMAAD EE QAANGAARKA

Baaritaanka Kansarka Naasaha iyo Gudaha(Naas-cabbir & dhecaan baaris)

Iyadoo uu maalgeliyo Mashruuca Ohio ee Kansarka Naasaha iyo gudaha, adeegyo kala ah tacliin bilaash ah iyo baaritaan kansarka naasaha iyo gudaha ah ayaa la siiyaa haweenka u qalma oo 40 iyo ka badan jirka ah ee ku nool Degmooyinka Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, iyo Union . Adeegyada baaritaannada ah ayaa waxaa ka mid ah naas-cabbiraadda, dhecaan-qaadidda, naaso iyo misko-gumaarka oo uu baarayo daryeel-caafimaad bixiye, oo ku xiriira adeegyada daweynta. Kaalmo gaadiid ayaa laga helaa Kawntiga Franklin.

645-1671

8:00am - 5:00pm

Isniin-Jimce

Kooxda Gargaarka Bannaan-ku-daweynta Bulshada (COAT)

Barnaamijyo bilaash ah ooy bixinayaan isu-duwid caafimaad iyo adeegyo bulsho oo loo samaynayo haweenka uurka leh iyo dhallaankooda. Adeegyada waxaa ka mid ah shaybaarid xaamilada oo dibadda lagu sameeyo, bannaan-ku-dawen, guri-ku-booqasho, ku xirid daryeelka umulidda ka hor, carruur daweyn, iyo daryeel asaasi ah, ku xirid iyo u dirid adeegyada bulshada, ku caawin helitaanka Medicaid iyo galaagal xogta caafimaadka.

645-7068

8:00am - 4:30pm

Isniin-Jimce

Rugta Caafimaadka ee Qiimaynta Waayeellada (777 High Street, Worthington, 43085)

Wuxuu bixiyaa qiimayn caafimaad, eegis waqti-ka-waqti ah oo laga eego dhibaatooyinka jiidama, eegid caafimaadka lugaha ah, la-talin, beddelid iyo daboggal dadka 60 sano jira ama ka weyn. Deeqaha waa la aqbalayaa. Ballan qabsasho keliyaa lagu tagaa.

842-6320

9:00am - 1:00pm

Talaado

Rugta Caafimaadka Galmada (HIV/AIDS iyo Cudurrada kale ee Galmada La isu Qaadsiiyo)

645-7772

7:15am - 3:30pm

Isniin

10:45am - 7:00 pm

Talaado

7:15am - 12:00 pm

Arbaco

7:15am - 3:30 pm

Khamiis

7:15am - 3:30 pm

Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Xog, aqoonsi cudur oo sir ah iyo daweyn cudurrada galmada la isku qaadsiiyo (STDs). Barnaamijyo tacliin ah oo ku saabsan uur-qaadidda tobanleyda ama foodleyda iyo ka hortegidd oo ah da'da u dhexaysa 13 – 19. U beddelid khayraadyada kale ee bulshada. Khidmado ayaa adeegga lagu qaadayaa. Medicare, Medicaid iyo CareSource waa la aqbalayaa. Khidmadda dadka aan caymis laheyn ay bixinayaan waa kala sarraysaa. ID waa lagaa rabaa. Ballan lagaagama baahna in aad qabsato. Bukaanka aragtidooda waxaa lagu saleeyaa sidii loosoo kala horeeyey.

Fiiro Gaar ah: Meelo kale oo HIV lagu baaro ayaa waxaa lagu dhex qabtaa bulshada oo dhan. Saacaduhu waa kala duwan yihiin. Soo wac si aad meelaha iyo saacadaha u ogaatid.

Adeegyada Caafimaad ee Dumarka

Waxay bixisaa adeegyo daryeel xaamilooyinka ah iyo haweenka fayaw oo idil oo dhameystiran. Waxaa adeegyadaa bixiya dhakhaatiir, Kalkaaliyeyaal il-qaadaya, Kalkaaliyeyaal bulshada ku idman, wasteeyeyaal, nafaqoayaqaano iyo shaqaale bannaan-ku daaweynta ah. Adeegyada waxaa ka mid ah daryeelka dhalimada ka hor, baarid oogada ah, shaybaarid, baaritaan kansarrada gudaha iyo naasaha, daweyn hurgunnada galmada lagu kala qaado iyo qorshaynta qoyska. Adeegyada guud waxaa ka mid ah kala-talin aalkolada iyo daroogada, tacliinta carruur dhalidda, taageero dhinaca nuujinta ah, daweyn joojinta sigaar cabidda, iyo iska diiwaan-gelinta WIC iyo Medicaid. Ballanbaa loo baahan yahay. Medicaid/CareSource waa la aqbali. Khidmad kala duwan baad ka bixin daryeelka caafimaadka. Baaritaanka uurnimada waxaa lagu baxshaa ballan la'aan ama iska soo mar.

Goobaha ay Ruguhu ku Yaalliin

Rugta Bari

240 Parsons Avenue

645-6424

8:00am - 4:15pm

(Waa xiran tahay 11:45am - 1:00pm Qado)

10:00am - 7:00pm

(Waa xiran tahay: 2:00pm - 3:00pm Qado)

8:00am - 12:00 duhurnimo

Isniin, Khamiis, Jimce

Talaado

Arbaco

Rugta Waqooyi

1390 Cleveland Avenue, Suite 203

645-1968

8:00am - 4:15pm Isniin, Khamiis, Jimce

(Waa xiran tahay: 11:45am - 1:00pm Qado)

10:00am - 7:00pm

(Closed: 2:00pm - 3:00pm Qado)

8:00am - 12:00 duhurnimo

Talaado

Arbaco

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Rugta Waqooyigai
3556 Sullivant Ave.

645-5040

8:00am – 4:15pm

Isniin/Talaado/Khamiis/Jimce

(Waa xiran tahay 11:45 – 1:00pm Qado)

8:00am – 12:00 duhurnimo

Arbaco

ADEEGYADA KALE

Qaniinyada Xayawaanka, Xayawaanka Halista ah, Xakamaynta Raabbiyada

Waxay jawaab ka bixisaa cabashooyinka qaniinyada xayawaanka, waxaanay bixisaa xog ku saabsan tallaalka raabbiyada iyo rugaha tallaalladaas laga helo.

645-6134

8:00am - 4:30pm

Isniin-Jimce

Qiimayn iyo Kormeeris

Waxay bixisaa xog ku saabsan qiimayn lagu sameeyey halka uu markaa xaalka caafimaad ee bulshadu taagan yahay (tus. Geerida, habdhaqanka caafimaad, dhaawaca iwm.)

645-6252

7:45am - 4:30pm

Isniin-Jimce

Shahaadooyinka Dhalasho iyo Dhimasho (Tirakoobyada Nolasha)

Wuxuu diiwaan geliyaa oo bixiyaa nuqullo tasdiqsan oo ah shahaadooyinka dhalashada iyo kuwa dhimashada ee Kawntiga Franklin taasoo ay samaynteedu ka soo bilaabatay 1908. Waa lacag halkii koobi ee cadeeynta dhalashada. Adeeg isla maalintaa ah ayaa la helaa ilaa 4:15pm (codsiyada la keensado ka gadaal 4:15 waxaa laga hawlgalaa maalinta xigta.) Waxaa kale oo la heli karaa adeeg telefoon iyo mid faakis oo lagu isticmaalayo dheebit kaadh amaba karedhit kaadh (qiimo dheeraad ah). Codsiyada lagu sameeyo boostada waxay qaataan 12 – 14 beri. Foomka arjiga ayaa waxaa laga heli karayaa mareegta internetka. www.publichealth.columbus.org.

645-7331

8:00am - 4:30pm

Isniin/Talaado/Khamiis/Jimce

9:00am - 4:30pm

Arbaco

Khataraha Kiimiko iyo kuwa Duleed

U kuurgashaa talona ka bixisaa wasakhda halista leh iyo qaddiyadaha lagu maareeyo wasakhda caabuqa wadan kara. Barnaamijka, waxaa uu isagoo kula mataanaysan hay'aadka iyo meheradaha xaaladda degdegga ah ee maxalliga ah, u shaqeeyaa sida kooxda qorshaynta u diyaarsanaanta xaalad kiimiko ama duleed oo degdeg ah oo ka dhacda Kawntiga Franklin..

645-6275

7:45am - 4:45pm

Isniin-Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Kooxda Dib-u-Eegidda Geerida Carruurta

Waaxda Caafimaadka Columbus waxay hoggaanka u sididaa koox ka kooban hay'ado badan oo dib u eega geerida carruurta jirta ilaa 18, si ay u fahmaan sababta ay carruurta u dhimato oo ay markaa u allifaan/unkaan tabo wax ku ool ah oo lagu yareeyo ama laguba baabi'yo geerida carruurta ee Kawntiga Franklin ka dhacda tiyoo laga hortegi karo.

645-7498

8:30am - 4:30pm

Isniin-Jimce

Kooxda Jawaab-ka-Bixinta Caafimaad ee Beledweynaha ee Columbus (CMMRS)

Waaxda Caafimaadka Columbus waxay u tahay hay'adda hoggaamisa (CMMRS) ee u diyaarka ah xaaladaha caafimaad ee degdegga ah oo ku tacalluqa dhacdooyinka kiimikaad, bayooloji, raadiyooloji, nukliyeer iyo qaraxba. CMMRS-ta waxaa xubno ka ah sharci xoojiyeyaal, dab-demiska, fayadhawrka bulshada, cisbitaallada, dugsiyada, Laanqaydha Cas ee Maraykanka, kuwa caafimaadka maxkamadda, mayd-baaraha, iyo hay'aad kale oo maaraynta mashaqooyinka degdegga ku lug leh.

645-6736 / 645-7089

8:00am - 5:00pm

Isniin - Jimce

Habka Ka-Warbixinta Cudurrada La is Qaadsiiyo (CDRS)

Waa mas'uuliyadda kuwa ka shaqeeya daryeellada caafimaad iyo shaybaarradaba in ay waaxaha maxalliga ah ee caafimaad u soo sheegaan wixii ay arkaan oo ah cudurrada la is qaadsiiyo sida uu sheegayo Xeerka Ohio ee Nakhtiimay 3701. Waaxda Caafimaadka Columbus iyo Guddiga Caafimaadka ee Kawntiga Franklin ayaa xoogooda isugu geeyey in ay soo sheegidda cudurradaa iyo xaaladaha kaleba ka dhigaan kuwo aad u sahlan oo sahalna loo isticmaali karo. **Adeeggani wuxuu gaar u yahay shaqaalaha daryeelka caafimaadka iyo shaybaarrada oo keliya.**

Khadka taleefanka CDRS waa jiraa 24 saac maalin walba ee ka warbixinta cudurrada la isu gudbiyo. Daryeel bixiyeyaasha caafimaad ee doonaya in ay soo sheegaan cudur heerka A-1 ah waxay qofka arrintaa u taagan ka wici karaan at 645-6197.

719-8888-ama-719-8889

24 saac

Fax: 719-8890

Deg deg kalkaaliye loo wacdo---645-6197

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Xakamaynta iyo La-socoshada Cudurrada La is Qaadsiiyo

Waxay hubisaa baaritaan habboon iyo dabaggal lagu sameeyo dhamaan cudurrada la is qaadsiiyo ee la soo sheego. Waxay qabataa kawar-hayn cudurrada la is qaadsiiyo; fulisaa tabo ka hor tegid ah; ka tacliimisaa degganeyaasha cudurrada faafa; maaraysaa Cagaarshow-ga B ee dhalnada ka hor. Dadka sida degdegga ah u doonayaa in ay la hadlaan kalkaaliye caafimaad ee cudurrada la isu gudbiyo waxay soo wacayaan khadka kalkaaliyayaasha ee hoos ku qoran saacadaha shaqada caadiga ah, ama qofka la wacdo saacadaha fiidkii, dhamaadka toddobaadka iyo feestooyinka. (Lambarka u yeerashada wuxuu ku xirayaa wacaha kalkaaliyaha cudurrada la isu gudbiyo (CD) ee saacad kasta maalintaasi.) soo tebiyaan cudur faafa oo heerka A-1 ah ama doonaya in uu la hadlo kalkaaliye cudurrada faafa (CD) ah wuxuu ka soo wici karaa qofka arrintaa telefoonka u kor fadhiya 645-6197. Lambarkani wuxuu soo wacaha u oggolaanayaa in lagu xiro kalkaaliye CD ah mar kasta oo maalinta ka mid ah.

(Kalkaaliyaha CD) 645-1474 8:00 am - 4:30 pm Isniin- Jimce
Kalkaaliyaha degdeg loo wacdo---645-6197

Laynka Bulshada ee Xaq baad-u-Leedahay in-aad-Ogaato

Ilaalisaa xogna ka bixisaa kiimikooyinka lagu isticmaalo laguna xareeyo Columbus iyo Kawntiga Franklin.

645-6672/ 645-6275 7:00am - 3:30pm Isniin-Jimce

U Diyaargarawga Xaalad DegDeg Ah

Xafiiska U Diyaargarawga Xaalad Degdegga Ah wuxuu xoojinayaa awoodda bulshada Koloombas ugu diyaargarawdo uguna jawaab celiso xaaladaha degdegga ah. Waxaa ka mid ah: la shaqeynta hay'adaha kale, diyaarinta iyo tijaabinta qorshayaalka hawlgaal, la socodka iyo wax ka qabashada calaamadaha cudurrada aan caadiga aheyn, tababaridda shaqaalaha ka qeyb qaadanayaa ilaalinta caafimaadka iyo badbaadada degenayaasha Koloombos iyo siinta bulshada xogta ah sida loogu diyaargarooobo waxna looga qabto xaaladaha degdegga ah.

645-7089 8:00am – 5:00pm Isniin-Jimce

Badbaadada Cuntada Iyo Shati u Goynta

Waxay mas'uul ka tahay shati u goynta iyo baaritaanka hawlaha adeegyada cuntada iyo meelaha lagu tafaariiqeeyo cuntada. Waxay baartaa dhamaan cabashooyinka badbaadada cuntada iyo cudurrada cuntada laga qaado. Mas'uul waxay ka tahay baaritaanka dhismeyaasha waaweyn oo ay ku jiraan xabsiyada, cisbitaallada guryaha la deggan yahay iyo dugsiyada.

645-8191	7:45am - 4:45pm	Isniin-Jimce	Baaritaan/Cabashooyin
645-6191	7:45am - 4:45pm	Isniin-Jimce	Qorshe dib-u-eegid
645-6766	7:45am - 4:45pm	Isniin-Jimce	Cabashoyinka jirroyinka Cuntadu kento
645-7538	7:30am - 3:30pm	Isniin-Jimce	Khidmada shatiga/lacag bixin

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Oorshaynta Caafimaadka

Waxay hoggaan u tahay aqoonsashada qaddiyadaha caafimaad ee bulshada kuwooda horyaalka ah, qorshaynta caafimaadka, iyo horumarinta hagaajinta habka wadajira ee nidaaminta hawlaha caafimaadka.

645-6189

7:30am - 4:30pm

Isniin - Jimce

Abbaabul Caafimaadka

Waxay la shaqaysaa ururrada bulshada, habka dugsiyada iyo goobaha shaqada si ay u sahlaan wax-ka qabasho bulshadu sal u tahay oo loogu taloggalay in lagu dhiirrigeliyo hab-nololeed caafimaad qab ah oo la xiriira caafimaadka wadnaha. Waxay inta badan dadaalkan diiradda saaraa in ay dardar geliyaan hawlaha jirdhiska ah ee badanku uu qabto iyo in si caafimaad ahaan micno leh wax loo cuno, iyo ka hortagga isticmalka tubaakada.

645-7213

8:30am - 5:00pm

Isniin-Jimce

Barnaamijka Guryo Caafimaad Leh

Wuxuu bixiyaa talo iyo xog ku saabsan khataraha guriga ka dhex dhici kara ee lagana hor tegi karo, iyadoo diiradda la saarayo bololka iyo waxyaabaha kale ee neefta kicin kara.

645-3732/ 645-6226 7:30am - 4:30pm

Isniin-Jimce

Barnaamijka Dugsiyo Caafimaad Leh

Hawlgalka Barnaamijka Dugsiyo Caafimaad lehu waa dadaal lagu doonayo in lagu xafido caafimaadka iyo badbaadada carruurta bulshada ee dugsiyada dhigata iyadoo la baabi'inayo khataraha ka dhex iman kara dugsiyada dhismayaashooda. Dugsiyada bulshada iyo kuwa gaarka loo leeyahay ee Columbus iyo Worthington waxaa la baaraa laba jeer sanadkiiba.

645-7005

7:45am - 4:45pm

Isniin-Jimce

Barnaamijka Ka-hortegidda Dhaawaca

Wuxuu bixiyaa xog iyo adeegyo si loo yareeyo dhaawaca soo gaara carruurta, adeegyadaas oo ay ku jiraan: eegidda badbaadada dherabta gaariga carruurta lagu saaro, dherabyo qiimo jaban oo la siiyo ilmaha culayskoodu ka yar yahay 80 rodol oo ka yimid qoysaska u qalma; baaritaanka guryaha ilmaha lagu xannaaneeyo; qiiq-ka-colcolaadis degganeyaasha u qalma; iyo helmedyo baaskeellada. Hay'ad hoggaamisa oy u tahay Isbahaysiga Carruur Nabdoon ee Bartamaha Ohaayo. Si aad u eegto in aad u qalanto dherab rakhiis ah, wac **Khadka Ka-hortagga Dhaawaca.**

645-7748

Khadka kulul (Duubis – farriin dhaaf)

24 saac / Maalintii

645-6138

8:00am - 4:30pm

Isniin-Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Guryaha Guura iyo Baarkinnada ee La Sameeyey

Waxay shati iyo baaridba siisaa guryaha la sameeyey ee guura si ay u hubiso in loo hoggaansamay Xeerarka Gobolka Ohio.

645-1673

7:00am - 3:30pm

Isniin-Jimce

Caafimaadka Laan-gaabka (Minority)

Waxay hoggaan u tahay in la waajaho baahida caafimaad ee dadka laan-gaabka qolo ahaan iyo jinsi ahaanba u ah. Waxay bixisaa bulsho tacliimin, gargaar-bannaan u bixin diin ku salaysan, iyo tas-hiilaad bulsho oo khuseeya qaddiyadaha caafimaad. Waxay agaasintaa adeegyada waaxeed ee tarjubaanidda ah iyo tababbarka kala-duwanaanshada.

645-7159

8:00am - 5:00pm

Isniin-Jimce

Xakamaynta Kaneecada iyo Shilinta

Waxay qabataa hawlo lagula soconayo oo laguna xakamaynayo kaneecada si loo yareeyo dhacdooyinka caafimaad darro ee ay kaneecadu keento sida Saint Louis Encephalitis, LaCross Encephalitis iyo fayruuska West Nile. Waxay bixisaa baaritaanka berkadaha dabbaasha ee gaarka loo leeyahay si loo yareeyo in ay kaneecadu halkaa ku badato iyo khatarta hafashadaba. Waxay samaysaa ka war hayn shilinta si looga talobixiyo xakamaynta cawska oo talabbixintaa loo siiyo Waaxda Horumarinta. Waxay bixisaa xog iyo la talin ku saabsan adeegyada cayayaan-dileyaasha iyo xakamaynta dulinnada

645-BITE (2483)

Khadka gigan ee Kaneecada

24 saac

645-8191

7:45am - 4:45pm

Isniin-Jimce

Adeegyada Caafimaadka Derisyada/Xaafadaha

Adeegyada Caafimaadka Derisyada ee Qaybta Adeegga Caafimaadka Bulshada wuxuu ka kooban yahay Kalkaaliyeyaal Caafimaadka Bulshada ah, Shaqaale la xiriiara arrimaha bulshada, iyo Gargaarayaal Caafimaad Guri oo aad ugu leh xirfad dheeraad ah qiimaynta baahida jireed, maskaxeed, iyo tacliineed, in ay aqoonsadaan fursadaha lagu hagaajin karo tayada noloshooda iyo caafimaadkooda, iyo in ay shakhsiyaadkaa ku xiriiriyaan hay'ado takhasus u leh hawshooda..

645-6450 -ama-

8:00am - 4:30pm

Isniin - Jimce

645-6517

Hal-abuuridda Culayska (Xad-dhaafka ah)

Waxay bixisaa adeeyo la talin iyo tas-hiilaadba ah si ay wax uga qaadato abuuridda barnaamijyo bulshadu sal u tahay oo lagu dardar-geliyo miisaanka caafimaadka leh ee carruurta iyo qaangaarka waxaanay bixisaa xog ku saabsan khayraad iyo alaabo muhiim ah.

645-7520

9:00am - 5:00pm

Isniin-Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Xafiiska Jaangooyada ee Caafimaadka Dadweynaha

Kormeeraa diiwaangeliyaana u hoggaansamidda jaangooyada caafimaadka dad weynaha ee gobolka waxaanu agaasimaa u dejinta cabbiraadaha wax-qabad ee mashaariicda waaxeed. Isudduwa MAPP (Tallaabbo-Qaadidda isu duwideed ee Qorshaynta iyo Wada-shaqaynta lagu Gaaro) Mashruuc hogo-tusaalayn ah oo ku tacalluqa qabashada qiimayno bulsho iyo tas-hiilaad u fidinta qaybsiga bulshadu ay wadaagayso xogta fikirrada laga keenayo hagaajinta caafimaadka.

645-6751

7:45am - 4:45pm

Isniin-Jimce

Shati-U-goynta Barkadaha iyo Baaritaankoda

Waxay samaysaa shatiyaynta iyo baaridda barkadaha dad weynaha ee lagu dabbaasho iyo musqulaha qubayska ee iyaguna ah kuwa dad weynaha, ceelasha biyaha ee gaarka loo leeyahay, nidaamka wasakh qaadidda ee dadweynaha yara ah (ganacsigu ku jiro) iyo dhismooyinka wasakhda adag si loo xaqiijiyo in la dhawrayo xeerarka iyo shuruuca gobolka Ohio.

645-7538

7:45am - 4:45pm

Isniin-Jimce

Khidmada shatiga/lacag bixin

645-8191

7:45am - 4:45pm

Isniin-Jimce

Hababka bulaacadaha ee Gaarka loo Leeyahay

Mashruuca JECLOW (Jeclow Carruurteenna in la Tallaalo Mar Hore)

Waa isbaheysi bulshadaeed oo Columbus iyo Kawntiga Franklin Waaxahooda Caafimaadka, dhamaan cisbitaallada aagga bartamaha Ohio, shaybaarrada Ross, Merck, Columbus Compact Corporation iyo NBC 4 ay ku wada jiraan, kuwaas oo u shaqaynaya in ay hubiyaan in dhamaan carruurta ku sugan Kawntiga Franklin ay tallaalan yihiin markay da'doodu gaarto 2 sano.

645-6522

Xafiiska Agaasimaha

645-6835

Xafiisyada Maamulka

8:00am - 5:00pm

Isniin-Jimce

www.project-love.org

Barnaamajka Qiiq Siideynta Dhismaha Gudahiisa

Ayadoo la raacayo sharciga Barnaamajka Qiiq siideynta dhismaha qudahiisa, waxda caafimaadka ee kolombos waxay masuul ka tahay waxbarashada dadweynahaiyo jawaab celinta cabashada iyo dhaqangelinta. Ku xad gudubka amarka waxaa loo soo sheegi karaa ayadoo lasoo wacayo khadka cas. Warqadaha macluumaadka ee ku saabsan Barnaamajka Aqalada Leh Hawo aan laheyn Qiiq waxaa helaa si looga kaalmeeyo ganacsiyada inay raacaandhamaan qeybaha amarka, waana lasoo wici karaa khadka cas.

724-4247

24 saac

Baaridda Is-bara-baraynta (taatuu) iyo Beden Durashada

Baaritaan iyo shatiyayn dhamaan meelaha lagu sameeyo taatuu-ga iyo beden durashada.

645-6672

7:30 am - 3:30 am

Isniin - Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Fikir-ku Biirinta Tubaakada

Tas-hiilaad u fidisaa wajibaadka bulshadu sal u tahay oo lagu rabo in in laga hortago lana joojiyo isticmaalka tubaakada Columbus gudaheeda, sida la shaqaynta kooxaha bulshada, dugsiyada, kooxaha diinta ku salaysan iyo goobaha laga shaqeeyo si loo badiyo taxaddarka, barnaamijyada iyo khayraadka.

645-0743

8:30am - 5:30pm

Isniin-Jimce

Waxyaabo Kala Du-duwan

Barnaamijka Taakuleynta Shaqaalaha Magaalada Columbus

Waxay siisaa la talin iyo adeegyo macluumaad Shaqaalaha magaalada iyo xubnaha qoysaskooda oo ay soo wajahday dhibaato shakhsi. Waxay bixisaa tababbar iyo tacliimin ku saabsan mawduucyo kala duwan.

645-6894

8:00am - 5:00 pm

Isniin-Jimce

Waqtiyada kale ballan samayso

Arrimaha Dadweynaha iyo Isgaarsiinta Caafimaadka

Waxay xog caafimaad siisaa saxaafadda gudaha iyo bulsadaba. Waxay u soo saartaa *Your Health* (Caafimaadkaaga) idaacadda kaybalka ah ee la iska irko ee GTC-3.

645-6928

7:30am - 5:00pm

Isniin-Jimce

Khayraadka Aadamiga (Waaxda Shaqaalaha)

Waxay mas'uul ka tahay qoridda iyo taageeridda shaqaalaha Waaxda Caafimaadka.

645-6046

7:30am - 4:30pm

Isniin-Jimce Xog

645-6568

8:00am - 5:00pm

Isniin-Jimce Caddayn Shaqaalennimo

645-7667

24 Saac

Isniin-Jimce Khadka shaqaalaha dawladda

Caafimaadka iyo Badbaadada Shaqada

Waxay kormeerid shaqo siisaa shaqaalaha Magaalada Columbus sida ay ugu baahdaan.

Waxay bixisaa barnaamijyo maqal, tallaallo shaqada la xiriira, imtixaanno la xiriira in uu qofku shaqada sahli karayo, imtixaanno ka horreeya shaqada, iyo dabaggal gaar ah oo loo sameeyo kormeerka imtixaannada.

645-3278

7:15am - 3:30pm

Isniin-Jimce

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Barnaamijyada aan Liis-garaysnayn:

645-7417 (Farriin duuban) 7:45am - 4:45pm Isniin-Jimce

Haddaad ka soo wacaysid taleefanada la wareejiyo, khadka ku jir, deedna taleefan haye (operator) ayaa loo sii gudbinayaa wiciddaada.

Haddaad ka soo wacaysid kan la gujiyo, mar kasta ayaad riixi kartaa lambarka habboon:

- 2 Shatiyaynta Cuntada, Baraagaha ama bulaacadaha, cabashooyinka cunnada; Qaniinyada Xayawaanka; Kaneecada, Ilaalinta Biyaha iyo Khataraha Kiimikaad
- 3 Tallaalka Carruurta Dugsiyada, tallaalka xumadda (flu), ama diiwaanka tallaallada
- 4 Shahaadada Dhalashada ama Dhimashada
- 5 Adeegyada Caafimaadka Galmada

- 6 WIC – Barnaamijka Cuntada Dheeriga ah ee Haweenka, Dhallaanka, iyo Carruurta
- 7 Kalkaalinka iyo Adeegyada Guri Booqashada
- 0 Telefoon wade– [La weydiin karo] Barnaamijyada ama xogta aan halkan ku taxnayn

645-7041(TDD)

7:45am - 4:45pm

Isniin-Jimce

645-7633(Faakis)

24 Saac

7 beri isbuucii

*****Saacadaha rugta caafimaadka iyo waaxda caafimaadkuba waa ay is beddeli karaan. Fadlan hore u soo wac.*****

(Tilmaamaha lagu tago 240 Parsons Ave. –bogga xiga ka eeg.)

TILMAAMAHA LAGU TAGO:

Waaxda Caafimaadka Columbus
240 Parsons Avenue
Columbus, OH 43215
TILIFOON: 614/645-6447

Waxaan ku naal waddada Parsons Avenue oo dhinaca Bariga jidka Main, inta u dhaxaysa Main iyo East Broad, wax yar uun ka bari magaalada hoose. (Main iyo Broad-ba waa laga geli karaa I-71-ka Koofurta u socda; Broad Street keliyaa lagu geli karaa I-71-ka Waqooyiga u socda.) Martidu waxay gaadiidka dhigataa dhismaha dhabarkiisa oo dusha kore ee meesha gaadiidka la dhigto ah.

Haddaad ka imanaysid Bari, Galbeed, ama Koofurta Gudaha-beledka: I-71 N qaado oo ku bax E. Broad St; midig ula leexo Broad (bari); markaad joogto nalka xiga (Parsons Avenue). Soco ilaa nalka 2aad (Bryden Rd/Town St.) oo gal laynka 2aad ee bidixe. Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarkiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliiniga gaarka ah eed ku socoto.

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn

Haddaad ka imanaysid Waqooyiga gudaha Magaalada: I-71 S ka qaado E. Broad St.; bidix ula geddoon Broad (bari)- midig ula leexo Broad (bari); markaad joogto nalka xiga (Parsons Avenue). Soco ilaa nalka 2aad (Bryden Rd/Town St.) oo gal laynka 2aad ee bidixe. Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarqiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliinigga gaarka ah eed ku socoto.

Haddaad ka imanaysid Gegida Dayuuradaha ee Kolambas: I-670 West ka sii qaado 71S; deeto qaado bixidda 1aad – waa Broad Street-e; bidix ugu leexo Broad Street (Isticmaal jidka dhexe ama raamka). Midig ugu leexo nalka xiga - Parsons Avenue. Soco ilaa 2 nal (Oak Street & Bryden Rd./Town St.) Raac dhinaca Waqooyi ee dhismaha oo gadaal ku aad oo gaariga dhigo qaybta sare ee meesha gaadiidka la dhigto. Illinka loobbiga dhexe wuxuuba ku yaallaa baarkinka qarqiisa. Arag Miiska Xogta si aad u weydiisatid qolka ama kiliinigga gaarka ah eed ku socoto.

Dhamaan adeegyadu waxaa laga heli karaa 240 Parsons Ave., haddii aan si kale kobtan loogu caddayn